

French Beans Curry Recipe

(Gulai Buncis - Indonesian Recipe)

Ingredients: Serves 4

350g french beans, thinly sliced
3 tablespoons oil
1 salam leaf (or bay leaf as a substitute)
1 stalk lemon grass, bruised (use only the white bottom tender part)
1 piece galangal, bruised
250g meat, boiled, cut into 1 cm cubes
350g coconut milk from ½ coconut
100g shredded coconut, roasted, ground
250g potatoes, cut into 1cm cubes

Spices (ground):

3 candlenuts, roasted
½ teaspoon chopped turmeric
1 teaspoon chopped ginger
¼ teaspoon fenugreek
1 teaspoon peppercorns
5 shallots
2 cloves garlic
salt

Method:

Sauté the french beans until tender, drain then set aside. Heat oil and sauté ground spices, salam leaf, lemon grass and galangal until fragrant. Stir in the meat, coconut milk and shredded coconut. Bring to the boil, then reduce heat. Add the sautéed beans and potatoes. Cook until tender.

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